

Youth Cross Country

Murray Parks and Recreation is starting a youth Cross Country running program. This program will help youth learn to improve their running techniques and skills while improving their endurance in order to compete in several meets including an all county meet. Weekly practices will be held. If you like running and like to compete, this program is for you.



Dates: September 3 to October 10 (6 weeks)
Days: Tuesdays and Thursdays Practices
Time: 6 to 10 year olds 5:15 pm to 6:00 pm
11 to 18 year olds 6:15 pm to 7:00 pm
Place: Murray Park (Parks and Recreation Office)
Cost: \$35 (Fee includes 12 practices, 3 meets and a team shirt and All County Meet)
Coach: Rebecca Gibbs rungibbs3@gmail.com 801 694-3183
Register: Murray Parks and Recreation Office or online at www.mcreg.com

For more information, call
801 264-2614
www.murray.utah.gov

Cross Country Registration

Send fee and form to Murray Parks and Recreation, 296 East Murray Park Avenue, Murray UT 84107

Name _____ Phone _____ Male/Female _____

Address _____ City/Zip _____

Age _____ Birth date _____ Grade _____ School _____

Mother's Name _____ Work Phone _____ Cell Phone _____

Father's Name _____ Work Phone _____ Cell Phone _____

Email Address _____

Does your child have any physical limitations? Yes _____ No _____ Please Explain _____

T-Shirt Size: YS _____ YM _____ YXL _____ Adult Small _____ Adult Med _____ Adult Large _____ Adult XL _____

Liability and Release and Permission to Participate

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any all claims for damages, for death, personal injury, or property damage which my child may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element or risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I have read and understood the forgoing registration, liability release, and agree to all of their terms and conditions.

Parent's Signature _____

Date _____

For Office Use Only
Date _____ Staff _____ Amount _____
Payment CK _____ Cash _____ CC _____